



# 'HONEY BOO BOO IS THE DECAY OF WESTERN CIVILIZATION'

ADAM LEVINE NOT A FAN OF THE REALITY TV SHOW PAGE 13



OTTAWA

# metro

Tuesday,  
December 4, 2012



metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa



## Deal changed after union signed: Board

### More bargaining.

Board prepared to put original deal back on the table: Local school-board chair



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

The Ottawa school board says the Ministry of Education had a hand in changing the language in a new teachers' deal — a claim Laurel Broten flatly denies.

Ottawa-Carleton District School Board chair Jennifer McKenzie said Monday the language in the deal changed between when it was submitted by the board and approved by the ministry.

"It was adjusted between the time it was agreed to and in the days following," said McKenzie of a new contract negotiated locally for Ottawa high school teachers Nov. 22.

"It's difficult to say who made the change. Our staff worked with ministry staff and the changes were not considered drastic."

Both the school board and teachers' unions were proud of the new contract, McKenzie said. The deal was sent to the minister of education's office last week for

### Quoted

**"We should continue to have dialogue with employee unions and hope we can come to an agreement."**

Jennifer McKenzie, chair, Ottawa-Carleton District School Board

approval.

"We're prepared to put it back on the table with the original language," McKenzie said.

"We should continue to have dialogue with employee unions and hope we can come to an agreement."

The Ontario Secondary School Teachers' Federation announced Monday that it would recommence cancellation of extracurricular activities and that teachers should be at school no earlier than 15 minutes before morning classes and leave immediately after the school day.

The OSSTF said Sunday the Ottawa deal had been hijacked by Broten. Broten denied interfering.

"That allegation is completely false," she said in an email statement.

"I am disappointed that OSSTF has decided to end bargaining at the local level and to resume job action that puts our students in the middle."

But contacted Monday

evening, Broten's office said they would not approve of a contract before it was ratified by the union and are seeking "points of clarification."

The teachers union is fighting against the Putting Students First Act, Bill 115, which they says is undemocratic because it takes away the union's right to strike. The bill also imposes a wage freeze and takes away teachers' ability to bank sick days they can cash out at the end of their careers. Several unions are taking the province to court over the bill.

"Our members are fed up and tired of playing games," OSSTF president Ken Coran said on Monday as he announced the job action. He said teachers would accept a wage freeze in any new contract.

Local high school teachers will protest Bill 115 Tuesday evening outside a Liberal fundraising dinner at the Ottawa Convention Centre, said the local OSSTF branch website.

Follow Graham Lanktree on  
Twitter @MetroGraham



### On the web

For more local news,  
go to metronews.ca



## THE ROYAL WEE

Catherine, Duchess of Cambridge, and Prince William, Duke of Cambridge, celebrate a Great Britain gold medal in cycling on Aug. 2 at the Olympic Games in London. The couple have announced they are expecting their first child. Story, page 8. Curious to see what the future monarch could look like? Metro used the power of the Internet and two archival photos to make our own royal newborn. See the results at metronews.ca/royalbaby. PASCAL LE SEGRETAIR/GETTY



## Fatal fire. Homicide victim died of smoke inhalation: Police

A 53-year old woman who died in a fire in Ottawa's west end succumbed to smoke inhalation, according to police.

For the first time since the Nov. 27 fire, Ottawa Police Service identified the victim of the fire at 90 Woodridge Cr. as Lucie Goudreau. A coroner's report indicated she died from smoke inhalation.

Her son, 30-year-old Rene Goudreau, has been charged with first-degree murder in her death. A judge ordered a 30-day assessment to see if Goudreau is mentally fit to stand trial.

Goudreau's lawyer, Douglas Baum, told reporters last Wednesday his client has been ill and has limited support from his family. He did not enter a plea, Baum said, because there are concerns about his perception of both reality and the proceedings.

"He does appear to be unstable. I think that was obvious," said Baum outside the courthouse Wednesday. "There are concerns and the court shares them and that's why a forensic psychiatric opinion is being sought."

Goudreau has been remanded into custody at a regional detention centre and a bed is being sought for him at the Royal Ottawa Hospital.

Ottawa Fire Services were called to the fire just after 2:30 a.m. on Nov. 27. Firefighters battled the blaze for just under half an hour. The fire was contained to the bedroom of the apartment.

According to Ottawa Fire Services, it's believed Lucie Goudreau lived alone, but was frequently visited by her son.

The incident marks Ottawa's sixth homicide of the year. **ALEX BOUTILIER WITH FILES FROM JOE LAFARO**



A former worker at the Novotel Hotel in Ottawa says an apology from management to employees over its anti-union policies has come too late. **JOE LAFARO/METRO OTTAWA**

# Hotel says sorry for fighting unionization

**Anti-union.** Former employee says apology 'too little, too late'



**JOE LOFARO**  
joe.lofaro@metronews.ca

An apology from management at Novotel Hotel in Ottawa for its disciplinary actions against workers fighting for unionization came three years too late, says a former employee.

Jeff Segat, a former chef at the Nicholas Street hotel, said he was dismissed from

his job two years after he raised the issue of starting a union.

Now, he is working with UNITE HERE, the union hotel employees are seeking to join.

In a letter signed by general manager Rafaël Ballester, the hotel apologized to current employees for breaking the law.

"It has been brought to our attention by our lawyers that we have been applying our 'no solicitation' rule at the hotel in a manner which is inconsistent with the Ontario Labour laws," the letter said. "We apologize for this and we wish to clarify for

everyone the 'no solicitation' policy as it applies to union activities on the hotel premises."

The letter said employees are permitted to engage in union talk while on authorized breaks.

Segat has been on a three-year campaign since being given the boot and he said the letter is "too little, too late."

"The damage has already been done," he said. "This was given to us recently as we're before the Ontario Labour Relations Board and we don't see it as an apology. We just see it as not being really genuine."

UNITE HERE said the letter came nearly a month after a Sept. 27 Labour Board decision in which the Novotel Hotel in Mississauga was found to have engaged in "illegal activity" in its efforts to quash unionization efforts there. The board ordered automatic union certification for workers in that location.

Segat said there will be a boycott at Novotel Hotels in Ontario this week "to show the workers that there is support for them from other people outside of the company."

Calls to Novotel Ottawa were not returned.

PARTYING DOWNTOWN?  
COME STAY WITH US!

\$95\*  
from



341 MacLaren St. Ottawa • toll free 866-320-4567 • thebostonian.ca

\*per standard room/per night. Friday-Saturday starting November 16th. Any day from December 14th to Jan. 6th 2013. Subject to availability. Quote/Click promo code PTY





Ontario PC Leader Tim Hudak addresses the media in this file photo. Hudak said he wants to see the provincial government out of the gambling business amidst Ontario Lottery and Gaming's "modernization" program. TORSTAR NEWS SERVICE

# Hudak wants province out of the gambling business

**Casinos.** Time to concentrate on 'core services,' says Ontario PC leader

Progressive Conservative Leader Tim Hudak says it's time the Ontario government got out of the gambling business, and suggests he'll privatize liquor sales as well.

Hudak says it's time to re-evaluate everything govern-

ment does to concentrate on core services like health care and education and get out of businesses that are better run by the private sector.

He says there's an inherent conflict in having the government act both as a promoter of gambling by owing the Ontario Lottery and Gaming Corp. and by being the regulator.

Hudak won't say how much the province would save by having private operators run casinos and lotteries, but says he's convinced

it would mean a bigger return for provincial taxpayers.

He says bureaucrats should not be spending time deciding how many roulette wheels a casino has and where they should be placed.

The Opposition leader was asked if he also intends to get the government out of the liquor and broadcasting businesses — something the Tories have proposed in the past — and said people should "stay tuned."

THE CANADIAN PRESS

**Long & McQuade**  
MUSICAL INSTRUMENTS  
long-mcquade.com

**Shop Online!**  
long-mcquade.com

**Best Price. Best Selection.**  
(Holiday shopping made easy.)

Experience Canada's  
#1 music store with  
60 locations nationwide

2631 ALTA VISTA DRIVE  
613.521.5909

**NOTICED**

**RIDEAU CENTRE**  
rideaucentre.com

The **biggest** names in holiday fashion for you, the biggest brands in entertainment and giftware for everyone on your list. Rideau Centre is your premier holiday shopping destination.

**SANTA PHOTOS**  
2nd Level, Eaton Court  
Saturday and Sunday  
11am-1pm & 2pm-4pm  
Digital photos available with a \$5 donation to the Canadian Guide Dogs for the Blind.

Cadillac Fairview **shop! card**® gift cards available at the Customer Service Centre (3rd Level next to Zara).

facebook.com/**rideaucentre**  
**HOLIDAY SHOPPING HOURS**  
Mon-Sat 9:30am-9pm, Sun 11am-6pm





## Standing up for their native land

Toronto's Jangchup Sangmo joined 100 other Tibetans on Parliament Hill Monday to ask the government to prevent the \$15.1-billion China National Offshore Oil Company purchase of Canadian energy company Nexen. Tibetan groups said CNOOC is responsible for forcing Tibetan nomads off their land and into reservations.

GRAHAM LANKTREE/METRO

# Canada taking a back seat on landmine treaty, group says

## Peace measures.

Treaty among Canada's most significant efforts toward peace, says Canadian Landmine Foundation chair



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

On the anniversary of a successful anti-landmine treaty signed in Ottawa 15 years ago, anti-landmine groups criticized the federal government for not enough to honour the treaty that saves 20,000 lives every year.

Since it was signed by 122 countries on Dec. 3, 1997, the Ottawa Treaty has helped bring casualties from landmines down from 32 a day in 2001 to 12 a day in 2011, said Paul Hannon, executive director of Mines Action Canada.

"At a time of great instability and cynicism around governments' ability to affect change, this treaty stands out," said Hannon on Monday. "(It's) not just a life-saving treaty, but one that shows much can be done when governments, civil society and international organizations work together."

Canada's funding for action against landmines has dropped roughly 56 per cent in recent years, falling from \$30.1 million in 2010 to \$17 million in 2011, Hannon noted.

"This is the lowest funding level by Canada since 2002," he said. "Canada can and should do much better than this. Considering the impressive results produced by such funding and given that the landmines treaty is generally known as the Ottawa Treaty, these are very disappointing numbers."

The money not only goes to efforts to clear mines, but to rehabilitate and care for those

## Appeal

**"At a time of great instability and cynicism around governments' ability to affect change, this treaty stands out."**

Paul Hannon, executive director of Mines Action Canada

maimed by the devices. Mines still litter countries such as Cambodia, Angola, Afghanistan and Colombia, and have been used in the past year during the continuing conflict in Syria.

"We can't start this long-term battle in 1997 and then leave it unfinished," said Chris Snyder, acting chair of the Canadian Landmine Foundation, calling the treaty one of the "most significant contributions" Canada has made to world peace since Lester B. Pearson's work during the Suez Crisis.



## FLIGHT CENTRE® *Unbeatable*

### Airfares

**Las Vegas**  
**\$369**

Travel Jan 22, 2013 - Jan 29, 2013/dl

**Orlando** **\$369**  
Travel Dec 13 - Dec 20/ac

**New York** **\$369**  
Travel Jan 22, 2013 - Jan 29, 2013/ws

**Cancun** **\$555\***  
Travel Dec 5 - Dec 12/wg

**Vancouver** **\$698**  
Travel Jan 22, 2013 - Jan 29, 2013/ws

**Costa Rica** **\$719**  
Travel Jan 22, 2013 - Feb 5, 2013/ua

**Honolulu** **\$899**  
Travel Jan 22, 2013 - Jan 29, 2013/aa

**London** **\$1039**  
Travel Jan 22, 2013 - Feb 5, 2013/ay

**Hong Kong** **\$1129**  
Travel Jan 16, 2013 - Jan 29, 2013/jl

**Buenos Aires** **\$1149**  
Travel Jan 15, 2013 - Jan 30, 2013/ua

### USA

**Orlando Family Special**  
**Air + 7 Nights**  
**\$389<sup>0\*</sup>**

Orlando Continental Plaza

**INCLUDES** airfare from Montreal and accom near theme parks. Price per person based on family of 4. Departs Dec 8/vth/ts. **UPGRADE** to 4-star International Palms Resort Orlando for \$6 per day. **ADD** Walt Disney World Resort 4-Day Magic Your Way Base Ticket for \$273/adult, \$255/child (ages 3-9).

**Las Vegas Air + 3 Nights** **\$404**  
The Quad (Imperial Palace)  
**INCLUDES** accom on the Strip. Departs Jan 24/acv/ac.

**New York Air + 3 Nights** **\$634**  
Manhattan at Times Square  
**INCLUDES** Manhattan accom. Departs Jan 10/ggv/ws.  
**ADD** Hell's Kitchen Pub Crawl for \$83.

**Hawaii Valentine's Day Island Hopper**  
**Air + 7 Nights** **\$1599**  
Outrigger Royal Kahana, Miramar at Waikiki  
**INCLUDES** all airfare, 3 nights Maui accom and 4 nights Waikiki accom. Departs Feb 11/ggv/aa/ha.  
**UPGRADE** to oceanview accom for \$10 per night.

### All-inclusive Vacations

**Varadero 7 Nights 4-Star**  
**\$690**  
Arenas Doradas  
Departs Dec 8/swg/wg.

**Samana 7 Nights 4-Star** **\$635\***  
Smile At Grand Paradise Samana  
Departs Dec 7/swg/wg.

**Cancun 7 Nights 4-Star** **\$927\***  
Oasis Palm  
Departs Dec 10/swg/wg.

**Mayan Riviera 7 Nights 4-Star** **\$902\***  
Occidental Grand Xcaret  
Departs Dec 10/acv/ac.

### Long Stays

**Cancun Air + 21 Nights** **\$1439**  
Flamingo Cancun Resort  
**INCLUDES** accom in a beachfront resort in Cancun's hotel zone. Departs Jan 9/swg/dl.

**St Petersburg Air + 21 Nights** **\$1529**  
Sirata Beach Resort  
**INCLUDES** beachfront accom. Departs Jan 13/ggv/ua.  
**ADD** Busch Gardens and Adventure Island combo entry ticket for \$128.

### Canada

**Mont Tremblant**  
**4 Nights + Ski**  
**\$414<sup>pp</sup>**

La Tour des Voyageurs

**INCLUDES** ski accom in the Village and 3-day lift pass to ski Tremblant. Travel Jan 8/ggv.

**Montreal New Years Eve, 2 Nights** **\$95<sup>pp</sup>**  
Travelodge Montreal  
**INCLUDES** accom near the Old Port. **BONUS** daily breakfast included. Travel Dec 30/ggv. **UPGRADE** to 4-star Le Centre Sheraton for \$23 per night. **ADD** city tour for \$56.

**Blue Mountain 2 Nights** **\$144<sup>pp</sup>**  
Blue Mountain Inn  
**INCLUDES** accom connected to the Blue Mountain Village. Travel Dec 14/ggv. **UPGRADE** to 4-star Westin Trillium House for \$43 per night.

**Vancouver Air + 3 Nights** **\$684**  
Empire Landmark Hotel  
**INCLUDES** downtown accom. Departs Jan 15/ggv/ws.  
**UPGRADE** to 4-star Sheraton Wall Centre for \$11 per night. **ADD** chef guided market experience for \$49.



**flightcentre.ca**  
More great deals online!



**Visit us in store.**  
170 stores across Canada.



Join our Insider Club for hot deals. Text **YOW** to **131 600**



**1 866 827 2214**  
850 Travel Experts across Canada.



**All advertised prices include taxes & fees.**

Conditions apply. Ex: Ottawa. \*Ex: Montreal. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. \*Price is per person for quad occupancy (2 adults & 2 children ages 2-17). ac/acv=air canada, vth/ts=air transit, swg/wg=sunwing, ws/ws=westjet, uc=united, aa=american airlines, q=gator, dl=delta, ay=finnair, jl=jal, ggv=sogo vacations, ha=hawaiian air. † We will beat any written quoted airfare by \$1 and give you a \$20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384



TUESDAY, DECEMBER 4

**TODAY  
ONLY***Canada's #1 store  
for dress shirts***\$19<sup>99</sup>**

Regular \$70

**CALVIN KLEIN**  
100% cotton  
dress shirtsAssorted patterns, collars and  
styles. Limit 5 per customer.*Shop thebay.com***\$14<sup>99</sup>**

Regular \$65

**CALVIN KLEIN**  
100% silk boxed ties

Limit 5 per customer.

*Shop thebay.com*the **Bay***Shop online at thebay.com*

Be the first to know about our One Day Sale offers



Sign up at thebay.com for email updates



twitter.com/thehudsonsbayco



facebook.com/hudsonsbaycompany



Shazam our One Day Sale radio ads

**\$10****New Red Striped Mittens  
have arrived.**Net proceeds from the sale of every pair of  
Red Mittens go directly to the Canadian  
Olympic Foundation, helping athletes achieve  
their Olympic dreams. Exclusively Ours.

Shop the entire Olympic collection online at thebay.com





## Capital City News. Local newspaper shuttered

Capital City News has folded, 11 years after being taken over by Sun Media.

The next edition of the weekly community newspaper will be its last, Sun Media said in a Monday release.

"Management said it made the difficult decision to close this publication and instead focus efforts on its core local products," the release reads.

Formerly the Ottawa Pennysaver, Capital City News was bought by Sun in 2001. It was relaunched as the Ottawa Smart Shopper in 2008, before

### Quoted

**"We want to thank our many readers, advertisers and staff for all they have done building a product to be proud of."**

Mike Therien, regional content director, Capital City News

being converted to its current format this year.

Last month, Sun Media parent company Quebecor announced sweeping layoffs in its newspaper division. **METRO**

### Arena proposal

## \$26M rink deal awaiting vote

City staff are advancing a public-private alliance to build a multi-pad arena in Sheppard Park. The deal would see the city give up the Potvin Arena and associated lands and provide \$26 million plus interest over 30 years for construction and financing. After 30 years, the city would buy the arena for one dollar. **METRO**

### Police seek public help

## Pedestrian injured in hit-and-run

Police are seeking tips after a driver who struck a pedestrian on Wellington Street fled the scene on Sunday. The incident occurred near Wellington and Bay streets just before 11 p.m. The victim was taken to hospital with serious injuries. Witnesses are asked to call the Ottawa Police Service at 613-236-1222. **METRO**

# Protesters denounce Ugandan 'Kill the Gays' legislation

**High Commission rally.** Canada should cut off aid if controversial law passes, opponents say



**JOE LOFARO**  
joe.lofaro@metronews.ca

Gay-rights activists and supporters of the Centre for Inquiry Canada (CFI) gathered outside the Uganda High Commission on Monday to denounce the country's so-called "Kill the Gays" bill.

Details of the controversial bill have not been made public, but on Friday, Ugandan MP David Bahati told The Associated Press that it does not include a death-penalty provision. A vote is expected soon.

The bill is aimed at protecting children from gay pornography and banning gay marriage, Bahati said, and some offences carry jail terms.

Kevin Smith, CFI president, said Monday's protest was meant to tell the Ugandan gov-

ernment that the LGBT community is watching.

"In 2012, we cannot accept abuse of LGBT people in that country," he said, as about a dozen protesters held signs and chanted "Love is not a capital crime."

Smith said he has heard conflicting reports about whether or not the death penalty for some homosexual acts was still on the table.

"If this bill passes, which we expect it will, unfortunately, we expect the Canadian government should stop giving aid to Uganda immediately," Smith said, adding that other countries should follow suit. "We should stop giving aid to a country that kills its citizens."

Barbara Freeman, a member of the First Unitarian Congregation of Ottawa, said she is "appalled" by the persecution of homosexuals in Uganda.

"There may be little we can do about it, but we can certainly protest to both the Ugandan government through the High Commission, and to the Canadian government," she said. "We really need to have (Foreign Affairs Minis-



**Demonstrators gather at the Uganda High Commission on Cobourg Street to protest that country's proposed anti-gay law, expected to be voted on next month. JOE LOFARO/METRO**

ter) John Baird step in and do something about this."

In October, The Canadian Press reported that Baird had criticized Uganda's treatment of gays and lesbians at the International Parliamentary Union in Quebec and brought

up a case of a gay Ugandan activist who was beaten to death.

That didn't sit well with the country's Speaker of Parliament, who spoke of Baird's "arrogance" and "ignorance" and demanded an apology.

**WITH FILES FROM THE ASSOCIATED PRESS**

# BOXING DAYS

## LOWEST PRICES OF THE YEAR

**LOWEST PRICE OF THE YEAR**

**2012 SONIC SEDAN LS**

FINANCE **0%** FOR **84 MONTHS\*** | **1.5%** INFORMATIONAL APR

**MODEL YEAR END CASH PRICE \$13,995\***

- Standard Bluetooth® with Steering Wheel Controls
- Power Door Locks with Remote Keyless Entry

**LOWEST PRICE OF THE YEAR**

**2012 CRUZE LS**

FINANCE **0%** FOR **84 MONTHS\*** | **1.4%** INFORMATIONAL APR

**MODEL YEAR END CASH PRICE \$14,995\***

- Best-in-Class Safety\* with 10 Airbags
- Power Windows, Door Locks and Remote Keyless Entry

Visit your Chevrolet dealer today for **GREAT DEALS ON SELECT REMAINING 2012s**



**THE BEST COVERAGE IN CANADA**  
**5 YEARS** • POWERTRAIN COMPONENT LIMITED WARRANTY  
**160,000 KM\*** • ROADSIDE ASSISTANCE  
• COURTESY TRANSPORTATION

**VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.**  
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.\*\*\*

visit us at:  
**www.ontariochevroletdealers.com**

For the latest information, visit us at [chevrolet.ca](http://chevrolet.ca), drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. \*Offer applies to the purchase of 2012 Chevrolet (Cruze LS R7A/Sonic Sedan LS R7A). †0% purchase financing offered by GMCL for 84/84 months on 2012 Chevrolet (Cruze LS R7A/Sonic Sedan LS R7A). O.A.C by Ally/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: \$10,000 at 0%/1.4%/1.5% APR, monthly payment is \$119.05/\$125.05/\$125.48 for 84/84/84 months. Cost of borrowing is \$0/\$504.20/\$540.32, total obligation is \$10,000/\$10,504.20/\$10,540.32. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. ♦♦\$1,500/\$1,500 is a manufacturer to dealer delivery credit (tax exclusive) for 2012 Chevrolet (Cruze/Sonic) and is reflected in cash purchase offers in this advertisement. Such credit is available only for cash purchase and by selecting lease or finance offers, consumers are foregoing such credit which will result in higher effective interest rates. Other credits available on most models. See dealer for details. \*†/♦♦Freight & PDI (\$1,495/\$1,495), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2012 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. \*\*\*Factory order or dealer trade may be required. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. +Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ††2012 Sonic Sedan LTZ, MSRP with freight, PDI & levies \$22,134. Dealers are free to set individual prices.



# Trudeau feeling the heat for gun registry comments

**Firearms policy.** Projected Liberal front-runner accused of flip-flopping as divisive debate re-ignites

Justin Trudeau scrambled to explain his stance on gun control Monday as the Liberal leadership candidate took flak from opposing sides on the divisive issue.

The presumed Liberal front-runner tried to mollify both sides of the debate, rekindled over the weekend by his description of the long-gun registry as a failed policy.

Trudeau spent a news scrum with reporters handling one of the first divisive policy debates to have erupted during his campaign.

He explained that he hadn't actually flip-flopped on the gun registry.



Liberal leadership candidate  
Justin Trudeau on Monday.  
RYAN REMIOWZ/THE CANADIAN PRESS

In fact, Trudeau said, he always supported it, and still does support it in principle. But he said now that it's gone it's too divisive to try bringing it back.

In the next breath, however, Trudeau added that he

supports Quebec's effort to bring it back in that province because he said the measure is not divisive there.

Finally, he explained why the long-gun registry fit his definition of a "failed" public policy.

"I voted to keep the firearms registry a few months ago and if we had a vote tomorrow I would vote once again to keep the long-gun registry," Trudeau told reporters.

"However, the definition of a failed public policy is the fact that the long-gun registry is no more. The fact is, because it was so deeply divisive for far too many people, it no longer exists."

Trudeau said he would rather spend the next three years, before the federal election, trying to find evidence-based policies that will unite Canadians and not divide them.

THE CANADIAN PRESS



Call the world from your  
mobile phone at our  
guaranteed lowest rates



**India**  
1000 Minute bundle  
only \$10/month

**1¢**  
/minute

**Unlimited Canada**  
Unlimited calling to  
anywhere in Canada

**\$5**  
/month

Turkey 89¢	Croatia 2¢	Bangladesh 3¢	Mexico 1¢	Vietnam 1¢	UAE 14¢	Israel 1¢
Philippines 10¢	Kazakhstan 4¢	India 1¢	Romania 3¢	Ukraine 8¢	Vietnam 3¢	Iran 4¢

Limited time offer

**\$25 FREE**

To call anywhere in the world  
• No commitments • No contracts

Download our Comwave  
Mobile App  
3 Days Free Trial

Available on the App Store, Google Play, and Windows Phone.

**613-216-6100**  
www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any errors in pricing or information at any time. LIMITED TIME OFFER: 1. Before Rate Guarantee: lowest domestic competitor's lowest advertised rate for the service. Comwave will not rate match against domestic providers. 2. After activation: plan or prepaid calling card rate. 3. Hours rate: billing period: \$25 (regional) is applied \$2 per month for 5 months. 4. Minimum usage required: Call to Comwave Mobile Plan may be billed at a higher rate. Unlimited usage is governed by our Fair Usage Policy. 5. International calls: see www.comwave.net for details.

**Pourquoi attendre ?**  
**Débutez votre formation**  
**en Arts culinaires**  
**dès janvier à La Cité collégiale !**

Transformez votre passion en carrière.

Pour plus d'informations, communiquez avec Lynn-Marie McCarthy au  
**613 742-2483, poste 2403**  
www.lacitecollégiale.com

50 BOURSES  
D'ENTRÉE DE  
1 000 \$  
DISPONIBLES  
pour les programmes  
débutant en  
janvier



**la cité collégiale**  
Le Collège des métiers et des arts





Catherine, Duchess of Cambridge, takes part in a day of celebrations to mark St. Andrew's Day at St. Andrew's School on Friday in Pangbourne, England, days before palace officials announced she is pregnant. GETTY IMAGES

# Pregnancy sends Kate to hospital

**Expecting.** Duchess of Cambridge hospitalized with severe form of morning sickness

The most widely anticipated pregnancy since Princess Diana's in 1981 is official: Prince William's wife, Kate, is pregnant.

St. James's Palace announced the pregnancy Monday, saying that the Duchess of Cambridge — formerly known as Kate Middleton — has a severe form of morning sickness and is currently in a London hospital. William is at his wife's side.

News of the pregnancy drew congratulations from across the world, with the hashtag "royalbaby" trending globally on Twitter.

The couple's first child will be third in line to take the throne — leapfrogging the gregarious Prince Harry and possibly setting up the first scenario in which a U.K. female heir

could benefit from new gender rules about succession.

Palace officials would not say how far along the duchess is, only that she has not yet reached the 12-week mark.

The palace said the duchess was hospitalized with hyperemesis gravidarum, a potentially dangerous type of morning sickness where vomiting is so severe no food or liquid can be kept down. They said she was expected to remain hospitalized for several days and would require a period of rest afterward.

The condition is thought to affect about one in 200 pregnant women, but Gaither said less than one per cent of women with the condition need to be hospitalized.

The news came just days after the duchess, on a royal appearance, was playing field hockey with schoolchildren at her former school.

William is second in line to the throne after his father, Prince Charles, so the couple's first child would normally become a monarch — eventually.

THE ASSOCIATED PRESS

**Potentially dangerous**

## Uncommon illness

While morning sickness in pregnant women is common, the problem the duchess has been hospitalized with is not.

"It's not unusual for pregnant women to get morning sickness, but when it gets to the point where you're dehydrated, losing weight or vomiting so much you begin to build up (toxic) products in your blood, that's a concern," said Dr. Kecia Gaither, director of maternal fetal medicine at Brookdale University and Medical Center in New York.

Hyperemesis gravidarum tends to be more common in young women, in non-smokers, in women who are pregnant for the first time and in those expecting multiple babies.

**Reality TV**

## Amazing Race comes to Canada

Producers of The Amazing Race Canada promise the show will stand shoulder-to-shoulder with its slick U.S. counterpart, even though competitors will never leave the country.

CTV executive Phil King says the network spent a lot of time debating whether or not to send competitors around the world. In the end, they decided to showcase the country's diversity.

THE CANADIAN PRESS

**November**

## Canada earns mo' money for cancer

For the second year in a row, Canadians participating in the Movember campaign for prostate cancer research have raised more money than people in any other country.

The sixth annual event has raised more than \$37 million for men's health initiatives. In all, 247,066 Canadians took part in raising funds and awareness for Prostate Cancer Canada.

THE CANADIAN PRESS

## Winter 2013 BC Ski Vacations

Ski It To Believe It

SUPER, NATURAL  
BRITISH COLUMBIA  
CANADA

### Big White 3 Nights + 2-Day Lift Pass

**\$399**<sup>pp</sup>

Chateau Big White  
Travel Jan 3 thru Feb 7

### Sun Peaks 3 Nights + 2-Day Lift Pass

**\$389**<sup>pp</sup>

Sun Peaks Lodge  
Travel Jan 7 thru Feb 11

### Whistler 4 Nights + 3-Day Lift Pass

**\$599**<sup>pp</sup>

Holiday Inn Whistler Village Centrum  
Travel Jan 5 thru Feb 8

### Fernie 5 Nights + 4-Day Lift Pass

**\$689**<sup>pp</sup>

Best Western Plus Fernie Mountain Lodge  
Travel Jan 5 thru Feb 25

### Revelstoke 5 Nights + 4-Day Lift Pass

**\$724**<sup>pp</sup>

Sutton Place Hotel  
Travel Jan 6 thru Jan 31

### Kicking Horse 5 Nights + 4-Day Lift Pass

**\$899**<sup>pp</sup>

Glacier Mountain Lodge  
Travel Jan 3 thru Jan 31

All advertised prices include taxes & fees.

**FLIGHT CENTRE** *Unbeatable*



flightcentre.ca



| 866 317 4797



# Judge scoffs at abusive coach's latest argument

**Graham James.** Crown appealing former hockey coach's sentence after sexual-abuse convictions

A Manitoba Court of Appeal judge bristled Monday at suggestions disgraced former hockey coach Graham James ever thought he had "loving" relationships with the players he abused.

James is already eligible to ask for full parole and will be eligible for statutory release next summer, if his sentence remains unchanged.

He pleaded guilty earlier this year to sexually abusing NHL star Theo Fleury and his younger cousin Todd Holt when they played for him. James was a respected coach in the Western Hockey League in the 1980s when



Graham James THE CANADIAN PRESS FILE

the abuse took place.

The Crown appealed the sentence and argued Monday that four years would have been more appropriate.

James's lawyer Evan Roitenberg said the two-year sentence should stand, suggesting it is too harsh.

At trial, Roitenberg had argued for no jail time and said he still thinks that would be fair given the circumstances of the case.

Roitenberg said James had an "epiphany" while in counselling after he was first jailed and realized what he had done to his victims. Until then, he thought they were in loving relationships.

That was too much for Appeal Court Justice Al MacInnes, one of the three on the panel hearing the case.

"For me, you are pushing a big rock up a steep hill if you want me to accept that," said the judge, who noted James threatened players to keep them from exposing him.

MacInnes made it clear that if it had been up to him, the sentence would have been stiffer.

THE CANADIAN PRESS

Career Training

## Train to Become a Personal Support Worker

Graduate in 7 months and pursue a career at:

- Long-term care facilities
- Home health care agencies
- Retirement homes/residences
- Hospices
- Group homes



Call Now for More Information!

**1-866-643-6377**

Visit us online at [www.EverestCanHelp.ca](http://www.EverestCanHelp.ca)

**Everest COLLEGE**  
BUSINESS • TECHNOLOGY • HEALTH CARE

Ottawa East • Ottawa West  
**16 CONVENIENT LOCATIONS IN ONTARIO**

Everest College is the largest Private Career College in Ontario with more than 9,000 enrollments in Ontario annually

Career services assistance available to graduates. Morning and afternoon classes available. Financial assistance may be available for those who qualify. Programs and schedules vary by campus.

## Get DOUBLE the minutes and data with our NEW Canada-wide promo plans!



Double minutes and data!

**koodo**

Hurry! Offer ends December 31, 2012.

Good call



FUTURE SHOP

MOBILE SHOP

Walmart

koodo shop

Ottawa  
Bayshore Shopping Centre  
Carlingwood Mall  
Les Galeries de Hull  
Place d'Orléans  
Promenades de l'Outaouais  
Rideau Centre  
St. Laurent Centre

Belleville  
Quinte Mall

Brockville  
1000 Islands Mall

Cornwall  
Cornwall Square

Kingston  
Cataraqui Town Centre

(1) Roaming rates apply outside of Canada. Data coverage rate of 2c/MB applies. (2) Availability of service will vary by country and is subject to change without notice. Excludes premium messages and subscription-based messages. Picture messaging includes international picture messages sent and received within Canada. Additional data charges apply depending on picture size when roaming in the U.S. and internationally. Picture messaging is supported by a BlackBerry smartphone with SIM card only. (3) Unlimited calling from 5pm to 8am, Monday through Thursday, and from 5pm Friday to 8am Monday.



# Starbucks accused of grande-sized tax dodge

**Britain.** Legislators want Parliament to clamp down on multinationals that exploit U.K. tax laws

British lawmakers on Monday accused major multinational companies including Starbucks, Google and Amazon of immoral tax avoidance, while Starbucks announced it is reviewing its British tax practices in a bid to restore public trust.

Parliament's public accounts committee said the government should "get a grip" and clamp down on multinationals that exploit tax laws to move profits generated in Britain to offshore domains.

"Global companies with huge operations in the U.K., generating significant amounts of income, are getting away with paying little or no corporation tax here," said Labour legislator Margaret Hodge, who chairs the all-party committee. "This is outrageous and an insult to British businesses and individuals who pay their fair share."



A man walks out of a Starbucks in west London on Monday. British lawmakers want to clamp down on multinational corporations, including Starbucks, that they say are guilty of exploiting tax laws. THE ASSOCIATED PRESS

As the British economy splutters amid Europe's economic crisis, and the government slashes spending in a bid to curb the deficit, public anger has grown against companies that pay little tax while making large profits.

Companies operating in Europe can base themselves in any of the 27 European Union nations, allowing them to take advantage of a particular coun-

## By the numbers

# \$2.9M

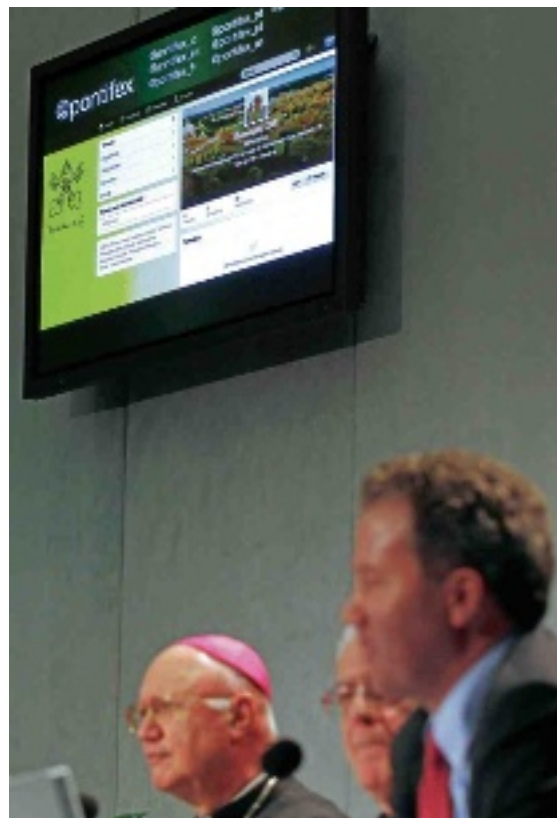
The committee said online retailer Amazon paid \$2.9 million in British tax in 2011, on turnover of about \$331 million.

try's low tax rates.

Google has picked Ireland and Bermuda as its main bases, while coffee chain Starbucks has its European base in The Netherlands and pays British tax only after transferring large sums in royalties to its Dutch headquarters.

Hodge said executives from the three companies had been "unconvincing and, in some cases, evasive" when they appeared before the committee last month to explain their tax regimes. And she accused Britain's tax agency of being "way too lenient" in dealing with multinationals.

Starbucks, whose outlets have been targeted by the protest group U.K. Uncut, said in a statement that it had "listened to feedback from our customers and employees, and understand that to maintain and further build public trust we need to do more." THE ASSOCIATED PRESS



## His Holiness will tweet

The Pope Benedict XVI Twitter web page is displayed at the Vatican press hall on Monday. He will join the tweeting masses on Dec. 12 using the handle @Pontifex, responding live to questions about faith during his weekly general audience. Questions can be submitted to #askpontifex, and the Pope will likely respond to three to five of them, said the Vatican's communications adviser, Greg Burke. GREGORIO BORGIA/THE ASSOCIATED PRESS

## Nielsen research

### TV viewers are increasingly social

Television viewers are becoming more active while watching now, judging by the findings in a new report that illustrates the explosive growth in the number of people who watch TV while connected to social media on smartphones and tablets. The Nielsen company said that one in three people using Twitter in June sent messages at some point about the content of television shows, up 27 per cent from five months earlier. THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
100.51¢ (-0.13¢)

**TSX**  
12,169.74 (-69.62)

**OIL**  
\$89.09 (+18¢)

**GOLD**  
\$1,721.10 US (+\$8.40)

**Natural gas:** \$3.59 (+3¢)  
**Dow Jones:** 12,965.60 (-59.98)

# "DEAR MR. BILL COLLECTOR..."

Thank you sir.  
Thank you for all the attention right now.  
When my sister got sick, a lot changed,  
otherwise we may never have met.  
Because I need to be there for her, I can't work anymore.  
It's hard, and very lonely,  
but you always know the perfect moment to call  
and your persistence has given me strength.  
Oh by the way, I've called BDO."

## CONTROL YOUR FUTURE

Credit Counsellors | Proposal Administrators | Trustee in Bankruptcy since 1958

613 235 5225 | [bdodebthelp.ca](http://bdodebthelp.ca)

BDO Canada Limited is an affiliate of BDO Canada LLP. BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.





# REAL CHEMISTRY DOESN'T COME FROM A TOUCH SCREEN



**SHE  
SAYS...**  
Jessica Napier  
metronews.ca

My boyfriend has no patience for texting. When he wants to talk he won't hesitate to pick up the phone and call me. This more traditional approach puts him in the same category as my grandparents and my dentist and it drives me crazy. Frankly, I just don't have enough daytime minutes to carry out my relationship verbally.

For modern couples who have grown up in the age of cellphone dependency, there's no separating technology from the relationship. Texting — which is far less intrusive than an actual phone call and has the added benefit of being more affordable — has become our preferred method of communication.

## Communication conundrum

**An unanswered text can turn the sanest individual into a panicking ball of neurosis.**

We're relying on our pocket technology more than ever to negotiate new relationship terrain and, in turn, creating a whole new set of issues for ourselves. We consult friends to help interpret cryptic texts, judge potential suitors on their grammar and agonize over our response time — a too-quick reply can take you from looking interested to looking desperate. Excessive emoticon use — especially that ambiguous tongue-out smiley face — can lead to serious confusion about the meaning of our words. And, worst of all, an unanswered text can turn the sanest individual into a panicking ball of neurosis.

There's no doubt that smartphones can make courtship infinitely more complicated, but they also allow us to be bolder with one another and more expressive than we might be face-to-face. Sexting is often thought of as the pastime of hormonal teenagers, but plenty of grown-ups exchange racy texts as a way to test the new relationship waters before actually diving in.

But if your new beau is sending virtual flower bouquets and emoji kisses before (or instead of) trying out the real thing, isn't that a bit disenchanted? And how do you know that he or she isn't just copying and pasting flirtatious iMessages between multiple women?

There's always going to be an element of casual detachment when it comes to mobile messaging. So while sending a few coy texts might be less intimidating than saying what you mean out loud, nothing can replace those in-person moments at the start of a new relationship.

Follow Jessica Napier on  
Twitter @MetroSheSays



The world saw the 20th anniversary of the text message Monday. The milestone reminds us of the correlation between the rise of SMS and digital delirium. FLICKR: JHAYMESVIPHOTOGRAPHY

# I Sphinx you can eat it



BEBETO MATTHEWS/THE ASSOCIATED PRESS PHOTOS

## This is sweet news

### N.Y.C. hosts delectable competition

The Sphinx, a gingerbread creation from North End Grill, is on display in the lobby area of Le Parker Meridien hotel in New York City. The landmark-inspired

creation is being exhibited with other over-the-top gingerbread houses from city restaurants in the fourth annual display to benefit City Harvest, a food-rescue organization for feeding the needy.

Visitors can buy one ticket for \$1 or eight for \$5 to vote on their favourite landmark. **THE ASSOCIATED PRESS**



Chichen Itza, a gingerbread creation from Butterfly Bakeshop, will be on display with the rest of the landmarks at Le Parker Meridien until Jan. 3.

## Nom nom nom

### This ain't your mother's gingerbread

Out of the kitchen and into the hotel lobby: Gingerbread houses have gone from being a home-made project done with mom to professional exhibits designed by pastry chefs and sometimes even architects.

The fundraiser is just one of many gingerbread showcases going on across the country. A few extravaganzas raise money for charity, while some include contests for home bakers.

Susan Matheson, co-author of the book *The Gingerbread Architect: Recipes and Blueprints for*

Twelve Classic American Homes, says these types of professional gingerbread creations "are elaborately detailed, spellbinding constructions that must require an army of pastry chefs, historians, engineers and consulting experts. The results can elevate the craft to a high art form that transports the viewer into an ethereal miniature fairy world." But Matheson doesn't approve of glue guns or other non-edible components: "It's 100 per cent digestible or count me out." **THE ASSOCIATED PRESS**

## Online

See the whole gingerbread spread at metronews.ca.



Register at metropolitanpanel.ca  
and take the quick poll

## Do you fear rising sea levels?

9%  
YES, I'M  
BUILDING AN  
ARK JUST IN  
CASE

18%  
SOMEWHAT, I'M  
KEEPING MY  
SNORKEL GEAR HANDY

73%  
NO, I'M AN  
EXCELLENT  
SWIMMER

## Twitter

**@jwinsor10:**  
The woman beside me just burped and it sounded like she was about to transform into a velociraptor... ahh public transpiration

**@jghndrsn:**  
Cyclist just went by wearing shorts and no shirt - yikes! #bikelane #ottawa #dedication

**@susanamas:**  
Just saw 30 ducks or so crossing Riverdale and Bank! Not something you see every day ;) #ottcity

**@Julietta\_5107:**  
LOL is the new way of saying I really have nothing to say

**@Jnaz221:**  
hope #ottcity will have a white #Christmas. #letitsnow

**@srayeda:**  
My phone's calendar has officially stopped informing me what class I have next 'cause I don't have any more. This is the greatest day ever.



## DVD review



### The Dark Knight Rises

**Director.** Christopher Nolan

**Stars.** Christian Bale, Tom Hardy, Anne Hathaway

•••••

This Knight not only rises, it also cuts deep — not just as entertainment but as harrowing drama. Fear is in the eyes of both hero and villain in this Batman origin trilogy. Human frailty and threats of nuclear and economic destruction are woven into the densely layered saga co-written by Nolan with his brother Jonathan and David S. Goyer. It's eight years after the events of *The Dark Knight* (2008), and Batman is for all intents and purposes no more. He's been outlawed in Gotham City. Wrongly blamed for the demise of Gotham's public defender Harvey Dent, a lie that even trusted ally Police Commissioner Gordon (Gary Oldman) is obliged to maintain, Batman — or rather his alter-ego Bruce Wayne (Christian Bale) — hides inside stately Wayne Manor. But a new threat has emerged named Bane (Tom Hardy). Bane plans to weaponize a nuclear device that Wayne Enterprises developed for peace. Anne Hathaway wows as cat burglar Selina Kyle, a.k.a. Catwoman. Marion Cotillard makes less noise as Gotham tycoon Miranda Tate, but fits into the puzzle. So does Joseph Gordon-Levitt.

PETER HOWELL



In *Silver Linings Playbook*, Robert DeNiro plays Pat Solitano Sr., the patriarch of a family of diehard Philadelphia Eagles fans. HANDOUT

# What about the story from the sidelines?

**Silver Linings Playbook.** Football tales seem to focus on the gridiron action — this film looks at the lives of the fans

In David O. Russell's *Silver Linings Playbook*, Bradley Cooper plays an unstable former teacher trying to improve himself after exiting a mental institution. When his character, Pat Solitano, consults his otherwise level-headed psychiatrist Dr. Cliff Patel (Anupam Kher) on whether a Philadelphia Eagles' jersey is appropriate attire for a dinner party, Patel questions which jersey.

On hearing that it's star wide-receiver DeSean Jackson, he responds unequivocally: "DeSean Jackson is the man."

This is Philadelphia, where undying loyalty to the local NFL team — "the Birds" — is everywhere, even in the sensitive relations between therapist and patient.

As large a role as football plays in American life, Hollywood has typically focused its cameras on the field of play, where the dramatics of gridiron battle are self-evident. But *Silver Linings Playbook*, which was recently nominated for five Spirit Awards and is widely expected to be a best picture Oscar contender, is more interested in the face-painters in the stands. The annals of pigskin

pictures have ranged from the hijinks of Groucho Marx (*Horse Feathers*) to the inspiration of a newcomer to the sport (*The Blind Side*). Football in movies has been a regular source of hard-knock action (*Any Given Sunday*), manly tragedy (*Brian's Song*, *Remember the Titans*) and underdog triumph (*Rudy*).

But along with *Silver Linings Playbook*, a handful of films have sought to capture the fanatical passion — both the communal spirit and the toxic obsession — that grips millions of households and acres of parking-lot asphalt every Sunday this time of year.

In Vincent Gallo's *Buffalo '66* (1998), Gallo drew from his own childhood in the upstate New York City, playing a man

named after the hometown team (Billy), with lifeless parents glued to the TV screen for Buffalo Bills games. A lost bet on a crucial game cost Billy \$10,000 and put him in jail. On his exit, he's bent on avenging the guilty place kicker. *Big Fan* (2009), written and directed by Robert D. Siegel (who also wrote *The Wrestler*), depicted a die-hard New York Giants fan (Patton Oswalt) whose devotion is tested when he's brutally assaulted by his favourite player.

The 2004 film *Friday Night Lights*, and the subsequent TV series, sought to portray a football-mad Texas town, where the sport reverberated in nearly all that was good — and all that was bad — in Dillon, Texas.

THE ASSOCIATED PRESS

# SELF SERVE. FULL SERVE.



Like taking control with sheets? Or want to kick back and let the dryer bar give you automatic Bounce freshness for about 4 months\* at a time? Whichever type you are, you'll be the type of person who has awesomely fresh laundry every time.

HOW DO YOU GET YOUR BOUNCE?



Learn more at [facebook.com/bounce](https://facebook.com/bounce)

Keep Bounce out of reach of toddlers and pets to avoid accidental ingestion.  
\*Depends on frequency of use and dryer settings.

© 2012 P&G





Johnny Depp

## Rock this way: Johnny sings a single man's tune

Johnny Depp knows how to have a good time, and sometimes that means strapping on a guitar and joining Alice Cooper on stage. The Pirates of the Caribbean star did just that recently at a Cooper concert in Los Angeles, playing along on cover songs including Break on Through (to the Other

Side), Revolution and Foxy Lady, according to People magazine. "Johnny was in great spirits," a source says. "He was really happy and at ease, especially on stage with the rest of the band." Recently single, Depp was apparently going solo that night, as the source says he wasn't "with any ladies."

## Levine boos Honey



Adam Levine ALL PHOTOS GETTY IMAGES

Adam Levine may have found a new avenue for success as a reality TV judge on The Voice, but that doesn't mean he's a fan of other kinds of reality television. Quite the opposite, actually. "Seriously, Honey Boo Boo is the decay of Western civilization. Just because so many people watch the show doesn't mean it's good," Levine tells GQ magazine. "It's complete f—ing ignorance and the most despicable way to treat your kids. F— those people. You can put that in the magazine. F— those idiots. They're just the worst."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

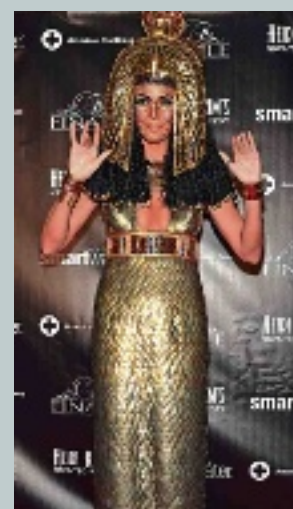
### The Word

## Nothing stops Heidi from getting her Halloween on



THE WORD  
Dorothy Robinson  
scene@metronews.ca

A divorce and a hurricane wasn't going to keep Heidi Klum from dressing up in 2012. When her annual New York City Halloween party (which she used to host with soon to be ex-husband Seal) was cancelled this year because of Hurricane Sandy, the model decided to transform her party into a Haunted Holiday Party — and have Saturday's party benefit relief



efforts.

"Putting the outfit on only took five minutes, but gluing all these hundreds of stones on my face took a little longer," she said about her jewel-encrusted face and

Cleopatra costume, which she wore among such celebrities as Jay Manuel, Questlove, Russell Simmons and Sandra "Pepa" Denton of Salt & Pepa. Despite the intricate costume, she swore to a group of reporters, including Metro, that she was comfortable. "I'm on flat feet," she pointed to her boots. "I'm not on heels, so that's awesome."

Even though she's still reeling over her rather ugly split with Seal, with whom she has four children, she's not letting it ruin her Christmas plans.

"This year we're just going to stay home," she says about how she plans on spending the holidays with her kids. "I'm excited to just sit in front of the fireplace and drink hot cocoa and watch them play with their new toys, just to be in the house and enjoy not doing much."

### Twitter



@kirstiealley

Just came home with a swell Xmas Tree.. The smell of fir is intoxicating..feelin pretty Christmassy!!



@ElizabethHurley

Searching in vain for the Christmas decoration..... WHY aren't they in the attic where they should be?!



@MissKellyO

Best bath ever!



@SteveMartinToGo

Christmas gift suggestions: A Wheat Thin is a welcome gift any holiday season.

visit [www.accu-rate.ca](http://www.accu-rate.ca) for full terms and conditions

# Collateral LOANS 5%

## Simple Monthly Interest

2573 Carling Ave, Ottawa • 613-596-5505, Ext. 4

# Accu-Rate



visit [www.accu-rate.ca](http://www.accu-rate.ca) for full terms and conditions

on gold, silver & platinum jewelry, sterling silverware & tea sets, collectible coins

on gold, silver & platinum jewelry, sterling silverware & tea sets, collectible coins



## WE ARE CURRENTLY SEEKING CANDIDATES FOR THE FOLLOWING POSITIONS:

### SENIOR SALES ASSISTANT

Reporting to the Corporate and Institutional Sales Manager, the Senior Sales Assistant oversees the sales support and administrative activities, while also providing support and assistance in both official languages to the Sales Consultants by maintaining client forms, preparing a wide variety of correspondence and reports, coordinating meeting logistics, preparing marketing materials and serving as a point of contact for clients in a professional and courteous manner. Candidates must have proven experience supervising a team of sales assistants and 2 years of relevant working experience in sales support and supervision. Please send your resume in confidence by fax to 613.244.3826 or by email to [jibogie@oms.ca](mailto:jibogie@oms.ca).

### ORDER DESK CLERK

Reporting to the Order Desk Manager, the Order Desk Clerk monitors an electronic request portal, responds to telephone inquiries in both official languages, processes orders and requests for health care facilities and clinics, arranges delivery and/or pickup of undelivered parcels for clients and processes exchanges for rental equipment. Candidates must have excellent customer service skills and 1 year of relevant working experience. Please send your resume in confidence by fax to 613.244.3826 or by email to [cbrule@oms.ca](mailto:cbrule@oms.ca).

MEMBER OF THE OESLARDINS HEALTHCARE GROUP



3  
LIFE

# How Adriana got the body of an angel back

## Victoria Secret show.

Adriana Lima shares how she got back into show shape after having a child

ROMINA  
MCGUINNNESS  
Metro World News

Last month, Brazilian beauty Adriana Lima opened the Victoria's Secret Fashion Show, which airs on Global tonight at 10 p.m ET/PT, eight weeks after giving birth to her second child.

She opens up to Metro about the "nightmare" gym sessions, sparring herself into shape and how she celebrated getting into the skimpy lingerie with a cupcake — but just one.

### It seems like hell getting ready for the show. How do you girls cope with the pressure?

One thing I need to get straight — I've never felt pressure from either Victoria's Secret or my agency. No one pressured me to get ready for the show this fast. It's a decision I made on my own. It was one of the most difficult things I've ever done because you're dealing with nature.

You do what you need to do to get ready, but after having a baby you really don't know how your body is going to react.

### Sounds stressful. How did you react on the big day? Did you down shots of vodka backstage?

I get nervous before every single show. I thought that feeling would go away but it never did. Plus this year I was opening the show,



The Victoria Secret show is airing on Global tonight at 10 p.m. ET/PT. GETTY IMAGES

which is a big responsibility as everybody kind of follows your mood. But every girl has a different way of expressing her nervousness. I don't like talking so I just listen to music — anything by Eminem, Rihanna, Kings of Leon, Rock and Roll by Led Zeppelin and Heartbeats by The Knife.

### Did getting ready for the show give you nightmares? Did you dream you were being attacked by giant candy bars?

No. It was more during the day, when I had to go to the gym — that was my nightmare. Don't get me wrong, I really love exercise, but it's not easy. The actual workout — it's tough you know. You need a lot of determination in order to do it every single day. Every minute of every workout counts and this year, I wasn't sure if I was going to make it or not.

### Models Cara Delevingne and Jourdan Dunn (both in the Victoria's Secret show with Adriana) reportedly ate pizza and KFC hours before the show. Would you want to scream if they ate in front of you, or join them?

Ha! I'm a little bit older than them. But regardless of age, I'm really aware of the fact that you are what you eat.

### Are you saying they're going to turn into a giant pizza or a chicken wing?

Maybe not right now, but they're going to see the results in the future, when they get old. It depends what they eat, but they may have problems with cholesterol or diabetes, I don't know. I just like to eat healthy. I have two children and I'm concerned about their health. I'm their example. I don't want my three year old asking me, "Mama, I

want chocolate for lunch."

Cake is festive, it's not something you should eat everyday.

### What's the first thing you did when the show ended? Run backstage, take off that lingerie and demolish a cheeseburger?

No. But I did have a cupcake. Once in a while, I do eat these things, you know. I just don't do it every day. Even now that the show is over, I'm still working out and eating healthy. It's my job.

### There are a lot of rumours out there that Victoria's Secret models literally starve yourselves in order to get ready for the show. You also shared sweaty pictures of yourself on Twitter to show how hard you were working out. How did you really go about it?

I'd just had a baby, so I had

to do everything in a healthy way in order to best take care of myself and my body. I never do things on my own — I have a nutritionist and a personal trainer. I don't want to have any problems. I know people see us on the runway and working out — but I don't want them to think that we don't eat. I don't starve myself. I don't do that. I love food, but I do watch what I eat.

### So what kinds of workouts did you focus on? What foods did you eat?

I was boxing — sparring, doing a little bit of rope and lots of abdominal and core work. I sometimes went running in the morning, but that's pretty much it.

As for my diet, I was eating three ounces of protein, three times a day with plenty of steamed green vegetables and drinking lots of water.

## SPA GIFT CARDS

Accepted at over 2000 spas and salons

15%  
OFF

USE PROMO METRO



WAYSPA.COM

shop online at [wayspa.com](http://wayspa.com)





# PRESCRIPTION: ACTION

## DR. LUCE THÉRIAULT LEADS THE WAY TO COMMUNITY HEALTH

Growing up in Edmundston, N.B., Dr. Luce Thériault behaved like most other residents: She was rarely physically active and didn't always maintain a healthy diet. After many years of post-secondary studies and medical training, however, Thériault gained a much better appreciation of the role that lifestyle plays in health.

"Soon after I started my practice in family medicine, I read a study that really opened my eyes," Thériault says. "The study showed that Edmundston had one of the highest rates of disease in Canada. I knew the reason likely had to do with poor lifestyle choices and I was determined to do something about it."

With the help of three colleagues — doctors Kim Petitgrew, Bertrand Dion and Maryse Lavoie — Thériault recruited a team of approximately 10 doctors and launched an initiative called Prescription: Action. The physicians demonstrated healthy living by leading free activities, such as hikes and visits to the local farmers' market to discuss the benefits of eating fresh, local produce.

"People look to doctors for advice," she says. "I think it's important for us to promote health out in the community and not just from our offices."

The initiative has been a huge success. Regular outings now include activities such as snowshoeing and ice skating. Every Saturday at the local farmers' market, a physician cooks and offers samples of healthy foods. Dozens of partners from the public and private sectors provide



SHANNON GEORGE PHOTO



financial support; a local car dealership contributed to the cost of the printing of recipe books, for instance. In June 2012, more than 2,000 residents participated in the second-annual Prescription: Action

day. Events included children's races, Zumba fitness and yoga classes.

"More than half of the doctors who practise in Edmundston are now involved in Prescription: Action," she says. "And it's really taken on a life of its own in the community. People are much more aware of what a healthy lifestyle is all about."

The experience has also inspired

## FACTORS AFFECT HEALTH STATUS

According to studies conducted on populations around the world, factors such as how much money we make and the quality of education we receive have huge impacts on our health. These factors are known as social determinants of health, and while they don't directly cause illness the way bacteria or viruses do, they influence our health status and how long we are likely to live. These factors include:

- Levels of income and education
- Employment status and job type
- Level of support from family and friends
- Opportunities for development that we had as children
- Home and community environments

Some experts estimate that addressing socio-economic disparities would cut 20 per cent from the \$200 billion Canadians spend on health care each year.

"In my work in the emergency room I treat patients in desperate circumstances: Lacking housing, affordable, nutritious food, education and adequate incomes," says CMA president Dr. Anna Reid.

"It is essential that we direct our energies into addressing these problems: As physicians, as communities, and as governments."

Thériault to maintain the more active lifestyle she adopted in her late teens.

She keeps herself in good shape through weight training and a wide range of outdoor activities.



SHANNON GEORGE PHOTO

## IMPROVING THE QUALITY OF PATIENT CARE

Dr. Steven MacDougall has resurrected two age-old practices to improve the quality of patient care: House calls and same-day appointments. A family physician in Sydney, N.S., MacDougall decided to restructure his practice six years ago. He was inspired, in part, by a chronic backlog in the emergency room of the local hospital — a situation all too common across the country.

"Many people go to the emergency room because they can't access medical care when they feel they need it," MacDougall says. "By some estimates, up to 70 per cent of all ER visits are not for urgent or emergency care; it's because they can't get in to see a family doctor."

To make it more convenient for the approximately 3,000 people in his practice to receive care when they need it, MacDougall adopted a new, patient-centred ap-

### CONTACT INFO

For more information about doctors innovating for patients, visit [doesforpatients.ca](http://doesforpatients.ca).

proach. In essence, patients choose which day they would like to see one of the three doctors at his clinic. Patients could even book appointments for later the same day.

"Whenever the patient wants to be seen, I believe we should see them," MacDougall says. "We also began to make house calls, particularly to elderly and disabled patients who can't always get in to the office easily."


Before MacDougall switched to the new system, patients waited an average of three weeks for an appointment. The clinic


would accommodate patients in need of urgent care, typically by squeezing them in on the day they called. The new approach has produced dramatic results: No-shows and cancellations fell to only four per cent of all appointments from 25 per cent. And the number of the clinic's patients visiting the emergency room dropped by nearly 30 per cent. MacDougall feels that the impact on quality of care has been even more positive and significant.

"I found that I got to see patients earlier in the course of whatever disease or ailment they were dealing with," he says.

"And we all recognize the advantages of early detection and treatment. Continuity of care — seeing the same health-care provider on a regular basis — also benefits the patient. The clinic's productivity increased, but I consider quality of care more important."



 **CENTRE DENTAIRE  
RIDEAU  
DENTAL CENTRE** Aesthetic, Implant  
& Family Dentistry  
Since 1983

 **STRESS FREE AND  
CARING DENTISTRY  
NOW ACCEPTING  
NEW PATIENTS**

613-230-7475 • 2nd Level • Rideau Centre  
Check out our weekly blog at  
[www.rideaudental.ca](http://www.rideaudental.ca)  
THIS WEEK: The Ongoing Battle With Periodontal Disease





**HONOUR THEIR MEMORY. JOIN THE FIGHT.**  
A Celebration of Life Tribute page can provide a meaningful place to share memories and commemorate the life of a loved one. Create an in memoriam page today.

**HONOREZ SA MÉMOIRE. JOIGNEZ LE COMBAT.**  
Une page Hommage à la vie peut offrir un endroit significatif où partager vos souvenirs et rendre hommage à la vie d'un être cher. Créez une page aujourd'hui.

[www.celebratelifetributes.ca](http://www.celebratelifetributes.ca)

 Canadian Cancer Society  Société canadienne du cancer



# Getting kids active and off the couch is only half the battle

**Exergaming.** Experts urge parents not to rely on video games to help get their children moving and living a healthy lifestyle

**CELIA MILNE**  
life@metronews.ca

Is exergaming good for children?

The debate rages.

While plenty of studies show active video games are fun and get kids moving, a new analysis gives them the overall thumbs down.

"Preserve traditional play," says Dr. Mark Tremblay, chief scientific officer of Active Healthy Kids Canada, based in Ottawa.

"Don't rely on active video games to provide your kids with their daily exercise," he adds.

Experts at Active Health Kids Canada and its partners sifted through 1,367 scientific papers on the health merits of virtual versus real activities.

The conclusion: Exergames increase kids' heart rates temporarily, but don't provide a long-term, meaningful amount of exercise.

"The general thinking is, 'If I can get them off the couch, it's got to be better.' That's sound thinking," says Dr. Tremblay.

"But evidence suggests when you look at the total day, there is no difference in energy expenditure. These games are replacing Frisbee in the park or ball hockey on the street. We believe in fresh



Getting kids off the couch is only the start to healthy living.  
ISTOCK PHOTOS

## Thumbs up

Video gaming got a thumbs-up recently in a University of Montreal study.

- **Increases physical activity.** The study found that dance and sports simula-

tions can help adolescents increase their physical activity, especially girls. The study was published in the esteemed journal Pediatrics in November 2012.

air, playing with friends and sunlight. The bonus? Incidental eating may go down."

Parents often tell Dr. Tremblay they can't afford after-school activities for their kids, but he believes it's a question of priorities.

"They can't afford swimming lessons, but they spend hundreds of dollars on video consoles and plasma TVs. They say they can't afford tennis lessons, and then they spend that money on a game."

## Give your Legs a Facelift!

### VARICOSE VEINS

Painful veins on your legs? Good news: **NO Surgery!** Ultrasound-guided injections treat large varicose veins.

### SPIDER VEINS

Spider veins on your legs or face? Get rid of them with simple injections.



**Dr. Lucie Beaupré**  
American Board of  
Phlebology Certified

**OTTAWA**  
1335 Carling Avenue  
Suite 600  
(613) 722-0101

**GATINEAU**  
500 Boulevard de L'Hôpital  
Suite 102  
(819) 561-0561



[www.drbeaupreveinclinic.com](http://www.drbeaupreveinclinic.com)



# The comfort of carrots and sweet potatoes in a casserole



This recipe makes six servings. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



**ROSE REISMAN**  
for more, visit  
rosereisman.com

If you can find fresh sweet pineapple, use it instead of the canned stuff. You're getting a double blast of beta carotene from the sweet potatoes and carrots.

**1.** Preheat the oven to 350 F. Spray a 9 by 13-inch baking dish with cooking oil.

**2.** Place the sweet potatoes and carrots in a saucepan and cover with cold water. Bring to a boil. Cook for 7 minutes at a boil, or until tender. Drain.

**3.** Toss the sweet potatoes and carrots with the pineapple and cranberries. Place in the prepared baking dish.

**4.** Combine the brown sugar, juice concentrate, oil, molasses and cinnamon in a small saucepan. Cook over medium heat, stirring frequently, for 1 minute or until melted and smooth.

## Ingredients

- 1 lb sweet potatoes, peeled and cut in 1/2-inch rounds
- 1 lb carrots, thinly sliced into rounds
- 1 1/4 cups fresh or drained canned pineapple chunks or diced apples
- 1/2 cup dried cranberries
- 1/3 cup packed brown sugar
- 3 tbsp orange juice concentrate
- 1 tbsp vegetable oil
- 2 tbsp molasses
- 1 1/2 tsp ground cinnamon
- 3 tbsp chopped toasted pecans
- 1/4 cup chopped fresh parsley
- 6 thin slices apple

**5.** Pour the sauce over vegetables. Cover and bake for 15 minutes, or until heated through. Remove from the oven and toss the vegetables. Sprinkle the pecans overtop. Garnish with the parsley and sliced apple.

**ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

## Health Solutions

### To sweet or not to sweet



**NUTRI-BITES**  
Theresa Albert, DHN, RNCPT  
myfriendinfood.com

Oh yes, sweet potatoes are good for you, and in some cases, even better for you than white ones.

But don't be so sure you want to go all gung-ho on the switch. Mashed sweet potatoes can be just as rough on your calorie count as whites; it all depends upon how they are prepared.

**Fries:** Weight Watchers has both sweet potato and regular fries at around 500 calories per serving and 13 or 14 points.

**Mashes:** One cup of mashed sweet potatoes is 258 calories while 1 cup of mashed white with butter and milk is 237 calories.

Any way you slice it, the method of prepara-

tion matters far more than which potato you choose. No doubt sweet potatoes have more vitamin A and fibre in the pulp (eat the skins of white potatoes and they come closer!). In the end, choosing only a teeny tiny portion or baked "fries" instead of deep fried finger food is a better bet. Limiting the butter, milk or sugar (or marshmallows... for Pete's sake!) that is used in the mash is wisest.

**Baked:** Sweet potatoes are your best bet. Keep butter to a teaspoon and enjoy one cup (about half a potato) guilt free! Any leftover baked sweet potatoes can be turned into yummy muffins in a snap. You can check out a great Sweet Potato Muffin recipe at: myfriendinfood.com/2011/05/02/sweet-potato-muffins/

**THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITION-IST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM**



## Farfalle with Sausage & Saffron. Italian sausage teams up with eggplant



**1.** In a sauté pan, heat olive oil and sauté eggplant with garlic for 3 to 5 minutes. Add sausage meat and sauté for a few minutes.

**2.** Add cream, saffron and sage. Cook mixture for 3 to 5 minutes until it thickens.

**3.** Meanwhile, bring pot of water to a boil and cook pasta according to package directions. Drain, add to sauce and season with salt and pepper. Mix well in sauté pan.

**4.** Add Parmesan cheese and serve. **THE CANADIAN PRESS/ BARRILLA PASTA**

## Ingredients

- 45 ml (3 tbsp) extra-virgin olive oil
- 1 medium eggplant, diced
- 1 garlic clove, minced
- 250 g (8 oz) mild Italian sausage (casings removed)
- 150 ml (2/3 cup) 35 per cent cream
- Pinch saffron threads
- 30 ml (2 tbsp) finely chopped sage
- 1 pkg (454 g) farfalle
- Salt and pepper, to taste
- Grated Parmigiano-Reggiano, to taste

Chicken Potpie is a fine, comforting dinner for most of the winter. But for extra cold days, you want comfort with a little more. This recipe uses the model of a basic puff pastry-topped Chicken Potpie, but substitutes tender sirloin tips for the poultry. Add a creamy beef gravy and you end up with savoury potpies.

**1.** Heat the oven to 400 F.

**2.** Place the potatoes in a medium saucepan. Add enough water to cover by 1 inch. Bring to a boil, then cook until tender, about 15 to 20 minutes. Drain and set aside.

**3.** Meanwhile, in a large deep skillet over medium-high heat, melt the butter. Add the onion, shallots and garlic and sauté until tender, about 5 minutes. Add the carrots and celery and cook until beginning to brown and caramelize at the edges, about 10 more minutes. Stir in the tomato paste, Worcestershire sauce and thyme. Cook for another 2 minutes. Transfer to a plate and set aside.

**4.** Season the sirloin with salt and pepper. Return the skillet to the stovetop over high heat. Add the oil. Working in batches to avoid crowding the pan, sear the meat on all sides until well browned, about 3 minutes.



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

The meat does not need to be cooked through. Once seared, remove the meat from the pan.

**5.** Lower the heat to medium and stir in the red wine. Scrape

up any browned bits from the pan. In a small bowl, whisk together the beef stock and flour. Add to the pan, whisking until thick, about 3 minutes. Stir in the cream. Return the

beef, vegetables and potatoes to the pan and stir to combine and coat everything with the sauce. Season with salt and pepper. Transfer to a medium casserole dish or baking pan.

**6.** Unfold the puff pastry sheet and set it over the pan. Use a paring knife to cut slits to vent. Bake for 20 to 25 minutes, or until the puff pastry is golden brown and the inside is bubbling. **THE ASSOCIATED PRESS**

## Ingredients

- 1 1/4 lbs yellow potatoes, cut into 1-inch chunks
- 2 tbsp butter
- 1 medium onion, sliced
- 2 medium shallots, sliced
- 1 clove garlic, minced
- 2 large carrots, diced
- 2 stalks celery, diced
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 tbsp minced fresh thyme
- 1 1/4 pounds sirloin tips, cut into 1-inch pieces
- Ground black pepper
- Kosher salt
- 1 tbsp vegetable or canola oil
- 1/4 cup red wine
- 3/4 cup unsalted or low-sodium beef stock
- 2 tbsp all-purpose flour
- 1/2 cup heavy cream
- 1 sheet puff pastry, thawed according to directions



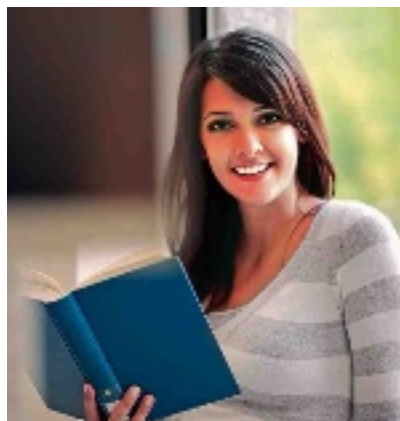
# TIME TO CHILL

The intensity of the last few weeks of term at university or college can leave you exhausted just in time for Christmas. Should you keep studying so as to not fall behind, or should you veg out on turkey dinner?

Jackie Stewart, a chemistry instructor at the University of British Columbia, is regularly asked that by her students. "After an intense study period, students should take a well-deserved break," she says.

You have learned a lot of new information in the first semester and your brain needs time to process it. Stewart recommends unplugging for a bit, and then taking on some lighter academic tasks.

"The winter break is a good time to read for pleasure. Perhaps there is a book related to your degree subject that you don't have time during the term to read," she says. "Spending time on this may renew your enthusiasm for the subject and help you connect what you



ISTOCKPHOTO/THINKSTOCK

are learning in school to the real world."

The break is also a good time to look back on the first semester. What study strategies worked and which ones failed?

"Following this reflection, make goals for the upcoming term. How will you approach learning in each class? How will you get help if you need it? What new study strategy (or two) will you try? How will you avoid leaving studying until the last minute?" Stewart asks.

If you have a winter course you are particularly excited about, you can use the Christmas break to review fundamental concepts. Stewart says if you are studying biochemistry after a first-semester course in organic chemistry, review structure and bonding, resonance and simple reaction. — Jon Tattrie

# LANGUAGE TRAINING OFFERS NEWCOMERS OPPORTUNITIES

## LEARN HOW AT ALGONQUIN COLLEGE

Building your career in a Canadian workplace requires more than credentials. You will need to interview and network; communicate with peers; and understand workplace culture.

If you are new to Canada, how will you acquire these skills? There is help, and it's free. Funded by Citizenship and Immigration Canada, Occupation-specific Language Training (OSLT) is offered at Algonquin College in Ottawa and across Ontario college campuses.

If you are a permanent resident or a protected person with job training or sector experience and language proficiency at Canadian Language Benchmark (CLB) levels 6 to 8 in one skill area, you could be eligible for OSLT to improve your communication skills and your success on the job in Canada.

"The OSLT was more than an English course," says Andres Olmos, Algonquin OSLT business graduate. "It explained our differences. Since I completed OSLT, I've had many new opportunities working positively with clients on the job."



ISTOCKPHOTO/THINKSTOCK

"The OSLT teachers coach you for interviews; help you speak with patients to understand what they feel or want; provide tips to work best on the job. It was amazing," says Rochelle Piske, Algonquin OSLT health sciences graduate.

"Every day I show what I learned," says Silviu Bratu, Algonquin OSLT business graduate. "My colleagues have taken notice. With OSLT, I am working hard to go further as soon as possible."

To learn more about Occupation-specific Language Training at Algonquin College, call 727-4723, ext. 5700, visit online at [algonquincollege.com/OSLT](http://algonquincollege.com/OSLT), or in person at Algonquin College Woodroffe Campus, Room B442, in Ottawa.

## Advance your Career -

with Free Workplace Language Training

### Information Sessions

**BUSINESS • TECHNOLOGY • HEALTHCARE**

Please bring a copy of your resume.

Algonquin College offers FREE Occupation-specific Language Training (OSLT) for newcomers who are permanent residents or protected persons with English proficiency at the Canadian Language Benchmark (CLB) 6 to 8 levels.

**Contact us to attend an information session in December!**  
Call us at 613-727-4723 x.5700, or visit in person, room B442.

Funded by:

Citizenship and Immigration Canada

Financé par:

Citoyenneté et Immigration Canada

## Free English Classes!

## Language Instruction for Newcomers to Canada (LINC)

**Part-time with flexible schedules; LINC 1-6**

**Eligibility:**

- Age 18 and older
- Permanent Residents or Convention Refugees
- Ontario Residents

**Call for more information:**  
613-235-4875 ext.126/128

**Address:**  
381 Kent St. Suite 208, Ottawa

**In LINC classes at OCCSC, you will learn about:**

- Post-secondary education and employment preparation
- Daily life
- Canadian culture, and many other topics of interest to newcomers

Free childminding (19 months to 6 years old)

**Funded by:**

Citizenship and Immigration Canada

Citoyenneté et Immigration Canada





ISTOCKPHOTO/THINKSTOCK

# TURN DIPLOMA INTO A DEGREE

## INNOVATIVE PROGRAM FROM U OF FREDERICTON

Most of the time, two plus one does not equal four, but a new program at the University of Fredericton is changing that.

It's called the diploma-to-degree program, which provides an opportunity for people who already have two-year college diplomas to get a four-year university degree with just one extra year of study.

"For holders of two-year diplomas from Canadian public colleges, we're providing a pathway for them to get their four-year degree," says David Large, the dean of the Sandermoen School of Business at the University of Fredericton.

The way it works is a student's past college credits are recognized and applied to their future degree from a different institution, which is something formally known as articulation.

In this instance, a student's public college diploma credits are applied to their education with the University of Fredericton (which is done in conjunction with Husson University in Maine).

In existence for more than 100 years, Husson is fully accredited and its accreditation is granted by the New England Association of Schools and Colleges (NEASC).

"That organization accredits New England universities like Harvard and MIT (the Massachusetts Institute of Technology)," Large says.

He says that with many articulation agreements, it requires a student to take at least another two years of university to be eligible for a university degree.

Under the diploma-to-degree program, there are two options and students can receive their degree by taking as few as 10 courses.

Students who have a diploma in business can turn that into a business administration degree. The second option is for people who have a diploma in criminal justice, which they can turn into a criminal justice degree.

The University of Fredericton is a fully online university, so there aren't any in-person classes to attend.

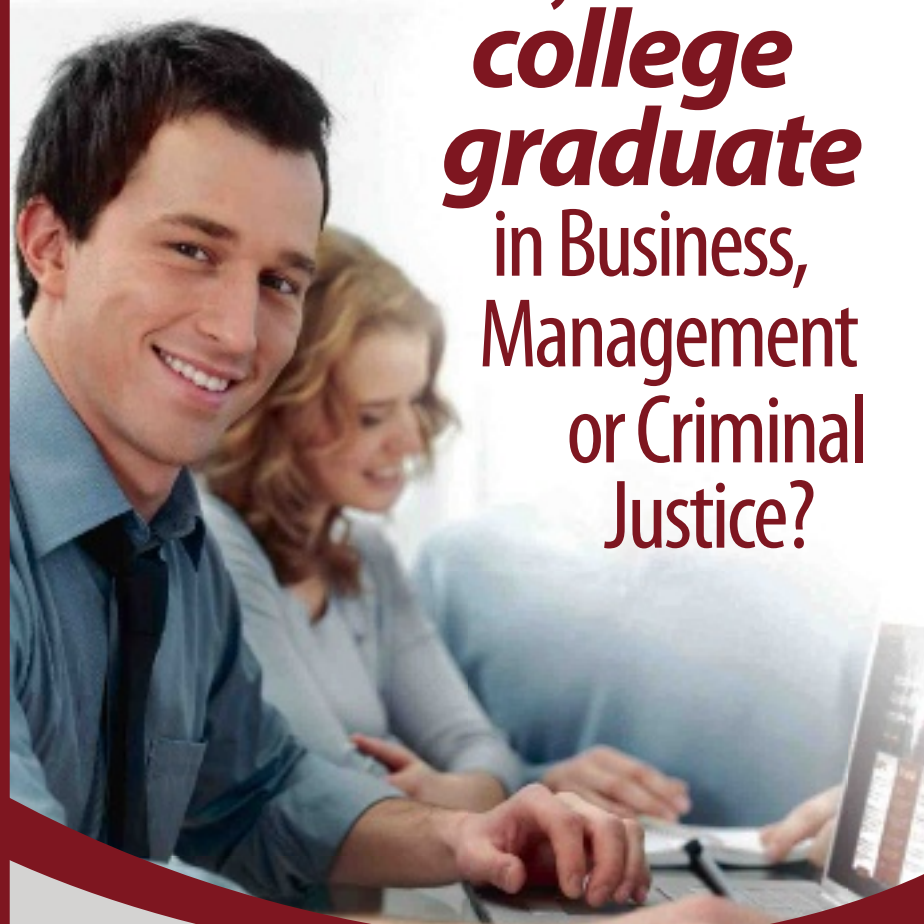
"We think having a fully online solution will appeal to a lot of people," Large says.

He notes that in today's world, employers are demanding that their employees have more and more certifications. Upgrading one's education can be especially tricky given the already demanding nature of today's careers.

Large says that the University of Fredericton's combination of quality, convenience and affordability helps make it offer a game-changing option for people looking to upgrade their education or start from scratch.

## MORE DETAILS

People who want to learn more about the University of Fredericton's diploma-to-degree program should check out its website, [ufred.ca](http://ufred.ca), or email [dtod@ufred.ca](mailto:dtod@ufred.ca).



Are you a  
**college graduate**  
in Business,  
Management  
or Criminal  
Justice?

Grow your college diploma into an accredited Bachelor Degree in Business or Criminal Justice with our game-changing formula!

**2-Year College Diploma**  
+ **1 Year of *Online Study***  
= **4-Year Bachelor Degree**



UNIVERSITY OF  
**FREDERICTON**  
CANADA

**HUSSON**  
UNIVERSITY



1-877-454-6232 Ext. 2  
[DtoD@UFred.ca](mailto:DtoD@UFred.ca)  
**UFred.ca**



# Make a list, check it twice: Money comprehension skills

**Alison On Money.** The gift list — it will help guide you during the hectic shopping season



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Last week I saw a weary Dad slumped in a mall chair, coffee gripped in one fist. He smiled weakly when I sat down nearby. "I thought starting Christmas shopping early might make it easier," he said. "Wrong!"

He planned to accompany his three children into the stores. But two hours later, with few presents purchased, he was done. The problem was preparation.

All three kids lacked an essential item — the almighty list. It seems like such a simple thing, but is a fundamental part of financial planning. After all, how can you create priorities if

you don't have a list to guide you?

Those who learn to make and follow them when they're young will find that the structure provides benefits into adulthood.

There's a body of research pointing to the importance of earmarking for saving. Targeting certain sums for a specific saving purpose increases the success rate.

List making is the kissing cousin of earmarking. For example, writing down or typing: Jared-Skylanders Giants Chop Chop \$14.95, decreases the likelihood that a child will get distracted and overspend.

Even teens can get into list making. Apps such as Santa's Little Helper (Apple), Gifters (Apple) and Christmas Gift List Planner (Android) will keep them on track.

The younger ones love it if you add a few fun touches. Kids who aren't writing can cut and paste pictures of what they want to buy or make. Then a family member can help them with price.



Increase your savings success rate by making a list. ISTOCK IMAGES

Don't worry if their money comprehension skills aren't quite there yet. Just knowing that an item costs a certain amount and is affordable or not is a big step.

A five-year-old child of a neighbour listed what she wanted to buy her Dad — toenail clippers and a new car. Mom said, okay, you can afford the clippers but not the car. The daughter decided to buy a toy car and promise a real one when she grows up.

Making gift lists puts kids in charge and gives them responsibility. They won't always be successful in sticking to either the list or their budget (who is?) but the process teaches lessons for a lifetime.

Oh yes, the list also takes the pressure off mom and dad. That alone is reason enough.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



## Activities for \$10 or less



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

The holiday season is in full swing and everywhere you turn the sound of cash registers, credit and debit machines chime a tune of heavy spending on gifts and other festive activities.

This year, most Canadians are expected to spend nearly \$650 throughout the holidays (based on the Ipsos poll conducted in November of 2011).

What if you could spend a lot less, have more fun and avoid a hefty credit card balance when January rolls around? Free outdoor activities await you and your family this holiday season.

Rather than heading to the ski hill, grab your skates or borrow snowshoes from a neighbour and enjoy the outdoors. If you bundle up, you could head out to a winter hiking trail with your friends or enjoy an outdoor campfire.

One evening, fill your travel mug with hot cocoa and tour outdoor light displays throughout your neighbourhood.

Find out what's happening in your community. Low to no cost choir performances and plays are put on at local community centres, malls and churches. Attending these events is a great way to support the arts and your friends who may be actively involved.

Rather than heading out to the theatre, download Netflix and watch unlimited movies at home for \$8 per month. Or, pay nothing and borrow films from the library.

Keep watch for coupons for the local zoo, craft fair, recreational facilities and heritage sites. Visiting tourist locations in your community in the off-season can save you a bundle and it's a great way to discover hidden gems right in your backyard.

Host a party where everyone brings their favourite appetizer and drink. Add the challenge that each person has to do this for \$10 or less. I guarantee the results will be creative, surprising and interesting. Volunteer with a group of friends to pack food hampers, help out at the community centre or fix up your local playground.

This is a great way to spend time and it's a healthy reminder of how important it is to give back.

A fantastic holiday season awaits you. Save your money and enjoy it.



Do your child and dog get along? HANDOUT

# Dogs may be man's best friend, but how will Rover get along with your child?

**Safe introduction.** Allow your pet time and space to become accustomed to your child and advise your little one on how to handle the dog

**MARY SHELL**  
Metro World News in New York

Whether you are bringing your new baby home to meet your dog for the first time, or thinking about adopting that dog your kids have been asking for, there are some basic ways to safely introduce kids and canines.

We spoke with Jennifer Shryock, a certified dog behaviour consultant and founder of Family Paws Par-

ent Education, about how to make a smooth transition.

**Never force interaction between a dog and a child.** Pay attention to your dog's body language to determine if the dog is engaging with the situation or tolerating it. Shryock recommends allowing your child to pet the dog a couple times and then stop. Wait to see if the dog is interested in continuing the interaction.

**Have reasonable expectations for your dog.** Parents often think a dog should put up with a baby crawling near the animal at eye level and reaching and grabbing. "You can't let (a) toddler freely explore the dog," Shryock says.

A new dog will have a tolerance limit for your kids, and it's important to recognize that limit and

provide the dog with a quiet area to retreat to when the interaction might become too much.

**Instruct your kids not to crowd the dog or carry it around.** Instead, create safe, supervised activities for your toddler and your dog. This might be dropping a treat in the dog's crate or filling up the food and water bowls together. No matter what you do, Shryock always recommends total supervision.

**Rule of thumb (or dew-claw):** If it doesn't feel right or it looks too good to be true, it probably is. Any behavioural issue is going to take time; there are no quick fixes. And if a child shouldn't be doing something to correct an animal's behaviour, a parent shouldn't be doing it.

For this reason, physical force with your dog in front of your kids is not recommended. Positive reinforcement is key.

**If you're expecting** Get to know your dog better during your pregnancy and use that time to reinforce basic training. Study your dog's body language and learn to identify triggers that stress or upset your dog, so you know how to protect your pet from these situations.

**Build the relationship** The best way to cultivate a good relationship with your dog and your new baby is to make sure your dog observes and participates in positive, daily routines with you and your baby. Never force your dog to check out the baby. Instead, invite him or her to sit next to you while you hold the new addition.



**NHL lockout**

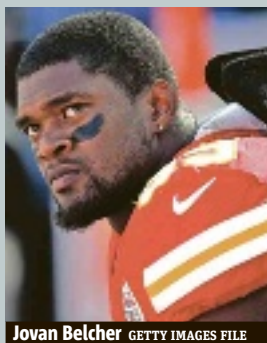
## Crosby travels to New York for CBA negotiations

Sidney Crosby is ready for another kick at the can. The league's most recognizable player travelled to New York on Monday for Tuesday's unique collective bargaining session that won't include commissioner Gary Bettman or NHLPA executive director Donald Fehr. **THE CANADIAN PRESS**

**NFL**

## Chiefs return to practice after tragic weekend

The Kansas City Chiefs returned to work Monday at their practice facility near Arrowhead Stadium, trying to find a sense of normalcy. It was difficult to do. The locker that once belonged to Jovan Belcher, the linebacker who allegedly killed his girlfriend and then turned the gun on himself Saturday, still had all his belongings hanging in it. Coach Romeo Crennel said that "time heals all wounds," and the Chiefs are hopeful the healing has begun. Kansas City police Sgt. Marisa Barnes said Monday that authorities hope to deliver an investigative report to prosecutors on Tuesday. **THE ASSOCIATED PRESS**



Jovan Belcher GETTY IMAGES FILE



Canada's world junior head coach Steve Spott, centre, poses for photos with players Mathew Dumba, left, and Hunter Shinkaruk on Monday in Calgary after announcing the 37-player roster for next week's selection camp. **JEFF MCINTOSH/THE CANADIAN PRESS**

# Junior selection roster has pro feel

**World juniors.** Lockout provides NHL-level talent, but creates uncertainty ahead of holiday tournament

**By the numbers**

**2**

The Canadians won gold during the 1995 and 2005 lockouts, but those tournaments were in Red Deer, Alta., and Grand Forks, N.D., on smaller North-American-sized ice surfaces.

As long as the NHL lockout lasts, the Canadian junior men's hockey team will be older and stronger than in previous years. Edmonton Oilers centre Ryan Nugent-Hopkins and other 19-year-olds who would have likely otherwise been lost to the NHL are among the 37 players invited to selection camp Dec. 10 to 15 in Calgary. There was an undercurrent of uncertainty in Monday's announcement in Calgary be-

cause of the impact a sudden end to the lockout could have on the team. But with no end to the work stoppage in sight, Canada can anticipate having one of its strongest teams at the 2013 world junior championship starting Dec. 26 in Ufa, Russia. Head coach Steve Spott, whose day job is coaching the OHL's Kitchener Rangers, sounds like a man who has to be prepared for anything. "Until Dec. 26, with the

uncertainty of this work stoppage, I'm trying to keep all my steno pads in order because I've got about 30 different rosters right now that I'm looking at," he said. "Until I see those players on the 26th against Germany, there's a lot of balls in the air. Ultimately it will be great to get on the ice with them next Monday." Twenty-three players will be chosen Dec. 13 to play for Canada in Ufa. The 2005 gold was the first of five straight for Canada, but it's been two silver and a bronze over the last three years. The world junior tournament was held on the smaller North American ice surface the last four years, but now returns to the larger European style of arena. A premium was

**Far from middle of the road**

Where the Canadian team will benefit the most from the lockout is at centre.

- Joining Ryan Nugent-Hopkins through the middle are second-year players Jonathan Huberdeau, Mark Scheifele and Ryan Strome. All are top-10 NHL draft picks.

placed on skating ability when issuing invitations to camp, according to Hockey Canada head scout Kevin Prendergast. "If they're not an excellent skater, they bring an intangible we think can help us," he said.

**THE CANADIAN PRESS**

4 SPORTS



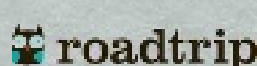
*Which gym is your favourite?*

Vote for Ottawa's best online at **clubmetro.com**

Enter early for your chance to win one of several exciting prizes! Join us in celebrating what Ottawa loves to do in our special Readers Choice Awards issue on December 17th.



No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com









Horoscopes

Aries

**March 21 - April 20**  
Don't expect too much in the way of cooperation from other people. Partners and colleagues will be too busy resolving their own issues to pay much attention to what you are up to, which could work in your favour.

Taurus

**April 21 - May 21**  
You don't have to do something just because someone in a position of authority tells you to do it. Ultimately, you are your own boss and must do only what your conscience can live with. Make sure they know that.

Gemini

**May 22 - June 21**  
You can be impulsive and if you act on the spur of the moment today, there is a risk you will leave yourself open to accusations that you are putting others at risk. Maybe they're right.

Cancer

**June 22 - July 23**  
You may find that your options for action are limited over the next 24 hours but it's no big deal. Stay calm and don't get flustered or frustrated. There's still plenty of time to make your mark on the world.

Leo

**July 24 - Aug. 23**  
Others can sit around worrying about the end of the world but you don't have time for that kind of self-indulgence. Make your plans and then make your move. Others may fear the future but you intend to own it.

Virgo

**Aug. 24 - Sept. 23**  
You need to be a bit more assertive today, especially if you want to show those you work with that you can handle responsibility. Above all you must look calm on the outside, even if you are scared on the inside.

Libra

**Sept. 24 - Oct. 23**  
"Lazy Libra" is a tag that has little if any truth in it and you will prove it today. Your willingness to put in twice as much effort as your colleagues will not go unnoticed nor, in the long-term, unrewarded.

Scorpio

**Oct. 24 - Nov. 22**  
If you allow your anxieties to hold you back today, you will regret it later in the week when you realize how much more you could have done if you had just stuck with it. The only thing to fear is fear itself.

Sagittarius

**Nov. 23 - Dec. 21**  
You may be tempted to cut corners today but it's not a good idea. Almost certainly, what you planned will go wrong and you will end up going the long way round for what should have been a simple journey.

Capricorn

**Dec. 22 - Jan. 20**  
It looks very much like you are on a collision course with someone who has been going out of their way to give you a hard time, and it could get messy. Don't say something that could cost you your job though.

Aquarius

**Jan. 21 - Feb. 19**  
If you find that you are out of your depth in some way today, you must ask for help. It's not a sign of weakness, it's a sign of intelligence. Everyone has their limits but only the wise seem to know it.

Pisces

**Feb. 20 - March 20**  
Timing is everything and according to the planets it's the right time to get involved in a project that involves people from all walks of life, and maybe from all over the world. Join with those who share your dream. **SALLY BROMPTON**

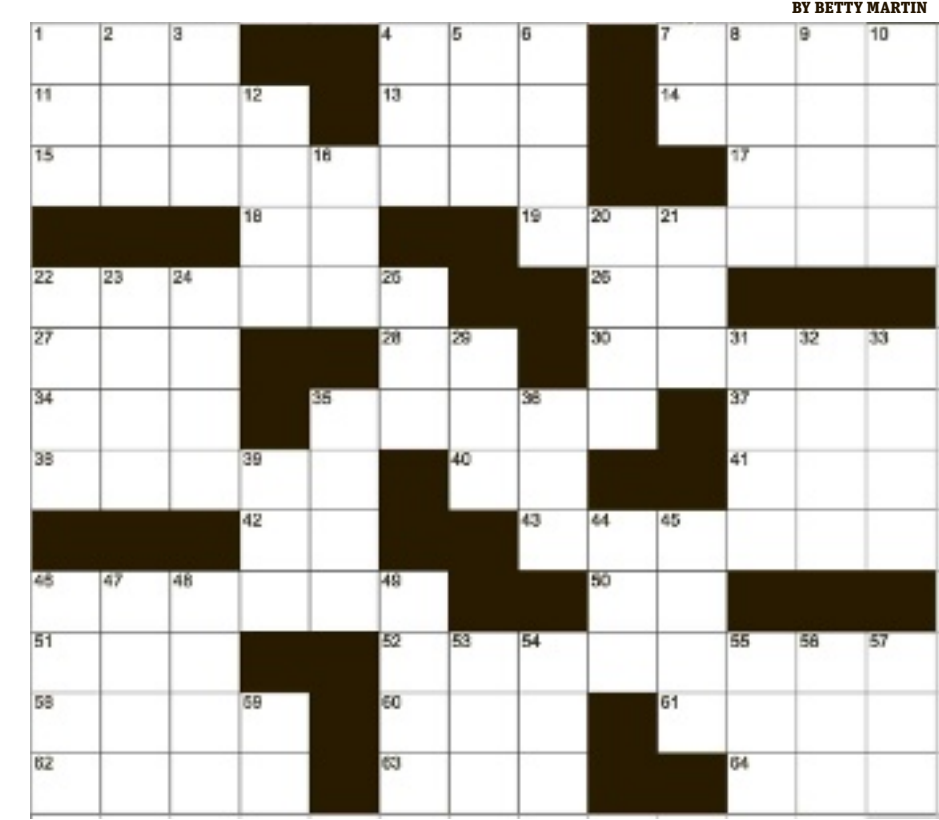
Crossword

Across

- Star of Home Improvement
- Hood
- Pillow covering
- Flubs
- Actress Hagen
- Nook
- Complied
- Tin Tin
- Opposite of SW
- Alter
- Corporate climber
- Actor Norton
- "Exodus" hero
- Ready - Not
- Not even once
- PVR predecessor
- Leap
- It's -- -win situation (2 words)
- Ridge
- Who Wants to - a Millionaire?
- Take a rest
- Chau - Chi of Falcon Crest
- Isn't colourfast
- Funnel-shaped wildflower
- Star of CHiPs (init.)
- Road surface
- Relationship woes
- The Bold -
- Summer in Paris
- Censor's target
- Turf
- Casual top
- Whichever

Down

- After-dinner drink
- Tax agency (abbr.)
- Post-wedding title
- Scrape
- Chowed down
- One of baby's first words
- Charleston state

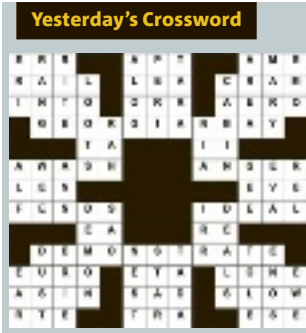


BY BETTY MARTIN

- Bugle
- Gung-ho
- Department store section
- E-mail request
- Indicates maiden name
- Patch
- Dutch city
- Wash
- Curves
- Scottish dagger
- A.A. Milne character

- Pat dry
- Flower holder
- Children's author Blyton
- Becomes inedible
- French cheese
- Beak
- Extension
- Actress Michele - of Glee
- Cartoon shrieks
- At the summit
- "Titanic" actor Billy -

- Land measure
- Aid in a crime
- Abbreviation found in an atlas
- Shoebox letters
- John's "Pulp Fiction" co-star
- Groan inducer
- Pig's abode
- Elsewhere



Yesterday's Crossword



What's online

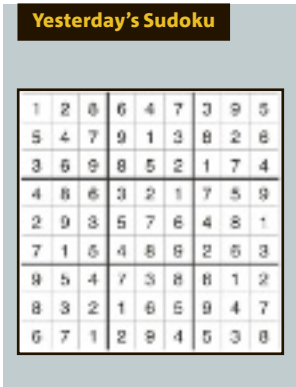
See today's answers  
[metronews.ca/answers](http://metronews.ca/answers).



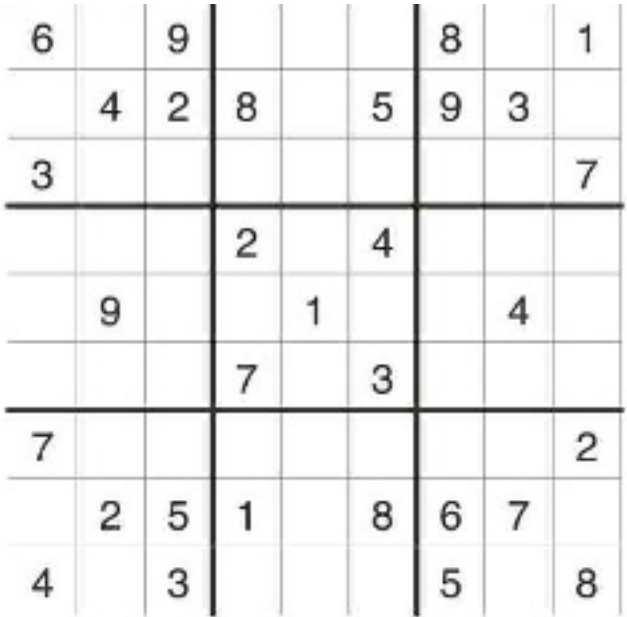
Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



Yesterday's Sudoku



**Today**

**12°/-5°**  
Rain  
90%

**Wednesday**

**0°/-7°**  
Variable

Know what the weather  
will be 14 days from now.  
Check the 14 day trend.

@The Weather Network 2012

# NEED A RIDE?

## Read metrodrive every Wednesday.

**QuestChat™**  
NORTH AMERICA'S BUSIEST CHAT LINE

**FREE TRIAL**

**613.232.4444**  
Other Cities 1.888.482.8282

QUESTCHAT.COM  
See TODAY'S TOP 100 BUSIEST CHAT LINES  
Free trial app available for iOS and Android

18+ RESTRICTIONS APPLY





# OTTAWA GOLD

## Paying You the Highest Gold and Silver Prices Guaranteed

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

### WE PROMISE YOU...



#### The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 20% of the difference!

Terms and Conditions can be found at [www.OttawaGold.ca](http://www.OttawaGold.ca)

#### Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

#### How it Works....

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

### WHAT WE PAY

#### Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,627.50/coin
9999 Canada Maple leaf, less than 1 ounce	\$52.33/g
24k Jewellery	\$41.10/g
22k	\$37.65/g
E. Indian/Nuggets	\$33.37/g
18k	\$30.82/g
14k and dental	\$23.96/g
10k	\$17.10/g
9k	\$15.41/g
8k/antique gold	\$10.27/g

#### Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,576.37
Gold 10 ounce (Recognized)	\$15,678.52
Gold 1kg (Recognized)	\$50,406.43
Gold bars, less than 1 ounce (Recognized)	\$50.41/g
999 Gold bar (Unrecognized)	\$49.04/g

#### Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$32.65/coin
-----------------------------	--------------

Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.64/g
Stamped Sterling Silver Jewellery	\$0.61/g
Mexican Silver stamped 925	\$0.51/g
Stamped 800 Silver	\$0.50/g
Unstamped scrap silver	\$0.33/g
Other silver coins	\$0.68/g

\*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-12-03, 14:44:47 PM

#### Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: \$4,636.26



#### Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$263.86



#### Example Purchase 3:

Purity: 14k • Weight: 183.30g

PRICE: \$4,391.87



# 613.979.GOLD (4653)

Westgate Shopping Centre, 1309 Carling Ave, Ottawa

Monday to Friday, 9:30am to 6pm • Saturday, 10am to 5pm • Sunday, 12pm to 4pm



www.ottawagold.ca

